

| MONDAY | | | | |
|-----------------|--|-----------------|---------------|-----------------|
| | Red | Green | Purple | Gold |
| 8:30 AM | | | Breakfast | |
| 8:45 AM | Breakfast | Breakfast | | Breakfast |
| 9:00 AM | | | Warm Up | |
| 9:15 AM | PE | | Ice - All | Class - Banquet |
| 9:30 AM | | | | |
| 9:45 AM | | | | |
| 10:00 AM | | | | |
| 10:15 AM | | | | |
| 10:30 AM | Break | Break | Cool Down | Warm Up |
| 10:45 AM | Warm Up | | Break | Ice 4-6 |
| 11:00 AM | Ice 1-3 | Class - Banquet | Class - Bar | |
| 11:15 AM | | | | |
| 11:30 AM | | | | |
| 11:45 AM | | | | |
| 12:00 PM | Cool Down | Lunch | Lunch | Cool Down |
| 12:15 PM | Lunch | | | Lunch |
| 12:30 PM | | | | |
| 12:45 PM | | Warm Up | | |
| 1:00 PM | Class - Bar | Ice - All | PE | |
| 1:15 PM | | | | |
| 1:30 PM | | | | |
| 1:45 PM | | | | |
| 2:00 PM | Break | | | |
| 2:15 PM | | Break | Break | Break |
| 2:30 PM | Warm Up | Class - Banquet | Class - Bar | Warm up |
| 2:45 PM | Ice 1-3 | | | Ice 4-6 |
| 3:00 PM | | | | |
| 3:15 PM | | | | |
| 3:30 PM | | Break | Break | |
| 3:45 PM | | Warm Up | | |
| 4:00 PM | Cool Down | Ice 4-6 | Warm Up | Cool Down |
| 4:15 PM | Break | | Ice 1-3 | Break |
| 4:30 PM | Class - Bar | | | Class - Banquet |
| 4:45 PM | | | | |
| 5:00 PM | | | | |
| 5:15 PM | | Cool Down | Cool Down | |
| 5:30 PM | Week A Free Time at Club OR Guest / Week B - Emma Miskew | | | |
| 6:00 PM | Dinner | | | |
| 7:00 PM | Red/Green - Curling/Purple/Gold - Swimming - Waterloo Pool | | | |
| 9:00 PM | Break | | | |
| 9:15 PM | Assistant-led Activity | | | |
| 10:15 PM | Free Time at Residence | | | |
| 11:00 PM | In own rooms, doors closed | | | |